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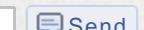
# 5 THINGS YOU NEED TO KNOW ABOUT SPIRITUALITY.

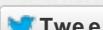
Apr 26, 2011 | By Susan Faulk

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## 1. THE SECRETS TO A SPIRITUAL LIFE

Spirituality is a state of being, a vibration, a demeanor, a deep sense of who you are. Even though many world religions and spiritual groups define spirituality differently, there are common threads interwoven between them. Some of these are honesty, kindness, reverence and sensitivity. Spirituality also is intuitive and searches the soul for right decisions. A spiritual person knows life is a gift and strives to give back by using her talents and skills to uplift life. The spiritual person strives to live her life to full potential, using and growing her gifts and talents.

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## 2. TOOLS OF SPIRITUALITY: MEDITATION, MANTRA AND PRAYER

Spirituality is recognizable by its inner sense and intuition. One of the ways you can get in touch with deeper levels of your being is by quieting the outside. Meditation, mantra and prayers are tools that can

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put you in touch with the inner self. Discipline of thought and expansion of good emotion comes with prayer and meditation. Mantras help anchor the prayer or meditation by bringing the intangible thoughts closer to the physical by the spoken word.

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### 3. DIET FOR QUALITY AND A SENSE OF WELL BEING

Eating food that nourishes, cleanses and strengthens the cells and atoms of the body will make you feel holier and more spiritually anchored. Good food and its preparation by you can add quality and years to your life. Start with pure water. Cut out sugar and refined flour. Make the study of nutrition and health a lifelong activity. Make right decisions about the foods you put in your body. Start with organic, free-range and non-hormone meats. Listen to those more knowledgeable than yourself, do your best and keep learning.

### 4. HAVE THE RIGHT LIVELIHOOD FOR CONFIDENCE AND SELF ASSURANCE

One of the Buddha's Eight Precepts is Right Livelihood. Participate in constructive work and activity. You will gain a sense of accomplishment, and a healthy self-satisfaction. Certain jobs are more suited for a spiritual life than other jobs. Choose work that you love. We all need to work. Make it purposeful. Learn, grow and help others by leading a constructive, positive life doing work that uplifts, helps, beautifies, purges and loves the planet, those around you, and yourself.

### 5. IT'S FOR ANYONE

From Taoism, to Hinduism, to Christianity, to Buddhism and other major religions, to smaller spiritual groups to the spiritual loner; all can attain the summit. All people, no matter their affiliation or non-affiliation, can lead a spiritual life. For some the structure of a religion with priests and nuns can help them stay on the path of spirituality. Others may find New Age groups, metaphysical and yoga societies more helpful in the trek. And still, the spiritual disciple who owns a strong conscience and self-discipline may be able to forge ahead alone (all-one) on the spiritual path.

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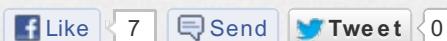
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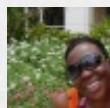


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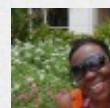
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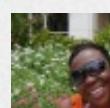
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**athena01** January 8

What a short but profound article on the Way and the Light.  
Namaste.

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